

# THE RAW FOOD TABLE

By  
DR. BENEDICT LUST'S SCHOOL  
OF DIETS

FOR THE ART OF NOURISHMENT, THE ART OF  
BREATHING, AND THE TRAINING OF THOUGHT

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# The Raw Food Table

Eat cold and you grow old!  
Eat raw and happy you will grow!

All the dishes are carefully composed and very vigorous fares of high value and very suitable. Attention is given here also especially to enervated persons as well as to fatigued brain-workers.

\* \* \*

A thing of beauty is a joy forever.—*John Keats.*

My dear ones! Such a truly rational raw food is certainly an excellent attainment. It alone cures an overwhelming majority of all sicknesses and creates an unparalleled desire for work, great activity and endurance. But not this alone; it also gives you freedom and independence, especially on journeys, and relieves our dear women of so much kitchen work which

is a waste of time that may well be employed for the culture of their minds. The wife shall cease to be a mere housewife, she must awake to mental reasoning and as a true companion of the husband explore alongside with him the riddles of the universe and devote her work to the progress of the world.

But this is not all yet. The real raw food causes our brain to be run through by an active oxygen-blood, facilitates the task of studying and thinking and renders our mind healthful and gay. All children are inclined by nature to prefer uncooked food to the cooked one. You can give to babies from the fourth month already mild fruit-juices and grated fruits.

If I speak of "**reasonable**" raw food, I wish to say that you shall not be fanatical about it, but that you can by a nice reasoning eat also sometimes cooked food whose smell entices just so charmingly your nose. Especially in the transition period there appears a natural and lively desire for such a change. There is altogether a fragrant soup or a hot drink not at all

contemptible at times. You must make the raw food a foundation, a centre from which you can make excursions to all sides from time to time.

Of great importance is that you always eat what just the season offers and that you change your fare accordingly. You shall be thoughtful yourselves and not simply eat always the whole bill of fare piece-meal from top to bottom.

Observe yourselves also all the time and ascertain how the meals affect you. You must not for example eat nuts every day, even if you have ground them. If you feel some fatigue or do strong brain-work, you will feel tired after the dinner. This must not happen, for it proves that your digestion absorbs too much strength of the nerves. In this case nuts are better replaced by a finely prepared pure nut preparation (see Nutprana). Even those by themselves so valuable kinds of fruits and salads would then be better replaced by unsugared pure juices (unfermented wines).

1. If you eat **nutprana**, spread in



thin slices on **oat-biscuits**, and drink besides a glass of wine-must, so to say, by the spoonful, you will feel at once refreshed and strengthened, which is of high value especially to men engaged in much thinking and studying, since their whole strength of nerves is active in the "upper garget" and not much of it remains for the lower regions.

Such a meal can be called a restful meal; other **restful meals** are the following:

2. Only one dish full of mashed potatoes, stirred with milk and some nutritive salt added.

3. Only rice boiled with apples, plenty raisins and aniseed grains. (Add oat-biscuits until you have enough.)

4. Only oat-meal soup, boiled with soup-green and vegetable stock-tea tablets stirred into (nothing else).

These meals can altogether be much recommended at times to every raw food eater for a change.

The two following are already somewhat stronger, but also quite excellent:

(Now I hope not that you will make

it as a dear friend of mine once did, who consumed the four restful meals at once right one after the other, and this for eight days. He wrote me after this that he felt a little blown up and was aware in his bowels of some humming and buzzing, growling and grumbling, rolling and rattling, jumping and pinching—wondering, what this could be?)

5. Apple-sauce, boiled with aniseed and plenty raisins, is mixed (when hot) with ground raw peanuts or skinned almonds. Add oat-biscuits, as you like it. This is an ideal complete meal and extremely suitable.

6. Lemon-rice with plenty raisins and ground, skinned almonds. Grated lemon peel to the rice and sweeten to your taste. Add the fresh fruits of the season.

All sorts of nuts, give to the body, when well digested, a really firm and in the true sense of the word, **kernely** foundation. If nuts are added to the hot meals, they become extremely tender and suitable. It makes a great difference whether the body is built up in its innermost depths by the easily

decomposing and terribly decaying albumin of the dead or living animal or by the highly valuable **vegetable-albumin** and especially by chestnuts and nut products.

7. Oat-meal and ground peanuts or hazelnuts with soaked raisins, some aniseed and grated lemon peel. Add lettuce-salad, perhaps with fresh cucumbers, radishes and chives. (Or take fruits according to the season).

8. Oat-biscuits with honey. White cheese, stirred with milk and mixed with caraway-seeds and plenty dried green rye-flakes with a pinch of nutritive salt. If troubled with bad teeth you can soften the rye-flakes with a little hot water. Add lettuce with cucumbers as above. Instead of cucumbers you may take tomatoes ad libitum.

9. Fresh bananas, cut up figs, or raisins, dried lemon peel, slices of oranges, ground American para (or pine-tree nuts). Pour over the whole grape-juice and let it draw a little. This meal contains everything and needs nothing to complete it.

10. Oat-biscuits and ground cocoanut of the finest quality with fresh



bananas cut into. Add fresh fruits. (It is a simple, but excellent meal, the little banana pieces tasting like fresh raspberries.) You can take also every other kind of nuts or peeled almonds.

11. Bread and butter with radishes and chives. Raw peanuts or other nuts. Also strawberries or cherries, or what else the season offers. (As long as this is wanting, take apples or salad).

12. **Something appetizing for a change:** Chop with a cradle boiled red beets very finely together with onions and a salt pickle. Add ground raw peanuts or another sort of nuts and finish it up with lemon-juice, oil and a little red pepper. A good addition to this is grated cake, made of grated raw potatoes, stirred with an egg and fried in a covered frying-pan as little flat cakes, crisp and brittling.

13. Dry oat-meal with cranberries. (Pour cream over it at pleasure.) Add apples or oranges, or as dessert, a piece of tart.

14. Half an hour before the meal a glass grape-juice with woodroof or sliced oranges or small pieces of pine-

apple. (Drink very slowly.) Afterwards dried green rye-flakes, mixed with ground peanuts, and besides a finely cut onion, radishes, chives, some parsley and a pinch of nutritive salt. (Wet it with vegetable extract to your liking.) Add to it salad with cucumbers (or cherries, resp. strawberries).

**This is of excellent service at a depression of the mind**

15. Raw vegetables (finely cradled). Uncooked cauliflower, early sweet peas, kohlrabi, little red turnips, cucumbers or tomatoes, radishes, chives, a little parsley or other kitchen-herbs, and a pinch of nutritive salt. Pour over it cream or marmalade jam or curdled milk. (Omit some parts of the raw vegetables, as you like it.) One saucer full of raw vegetables is sufficient.

Biscuits with strawberry marmalade, soaked figs and nuts render the meal complete.

Instead of figs you can also let dried bananas be soaked over night by water or milk. (This No. 15 is only meant for strong people).

### As spices can be used:

Horseradish, powdered grains of mustard seeds, red pepper, garlic, pickled cucumbers, onions, perlonions, chives, kimmel, aniseed, chervil, savory, parsley, the grated peel of oranges and lemons, also nutritive salt.

### Some more dishes

16. Grated cucumbers or pumpkins, mixed with dried green rye flakes and raw peanuts, also finely cut onions, kimmel, a pinch of red pepper or pounded grains of mustard seeds, cream and tender salad.

17. Fresh, thick salsify; first soak them for 15 minutes in fresh water, then shave and grate them. Prepare them with oil and lemon-juice and add kitchen herbs, especially chives and a pinch of nutritive salt. Also oatmeal with honey, cream and pine-apple.

18. The same way as No. 17 can be prepared also white or red beets, young asparagus, kohlrabi, carrots, radish and cauliflower.

19. Crated white beets and onions have a very good cleansing effect.

(Well tried in cases of tumors, boils and gravel complaints.)

20. Cut up figs well soaked and with ground raw peanuts and oatmeal-zwieback mixed. In addition two oranges or apples or some other fresh fruits. This meal is a real bowel cleanser and is very effective in all cases of constipation, except where the latter is caused by sleeplessness.

21. Rub in your whole body with the juice of cucumbers. This will produce a fine, smooth complexion and also vivifies the skin.

22. Crated cucumbers put direct on dangerous wounds is one of the best remedies for quick healing. Its cooling effect makes wound fever and inflammation impossible. It kills the pain entirely, and thus it is a real blessing by confinement (rupture of the intestines). For light wounds you may use crated apples.

23. Young spinach (uncooked) without stem, chopped finely or crated so long until it starts to bubble. The finer the better. Also cut some young onions and soup greens into same. In addition some lemon juice and oil. Add



according to taste: raddish, tomatoes or cucumbers. Besides dried green rye flakes or mixtures of oats and nuts as above.

**Strong people may take the cheaper oatflakes instead of oatmeal.**

24. Tapioca, soaked in wine-must over night. It must be mixed with ground pine-nuts and grated lemon peel. Add fruits as the season provides them. If it is too expensive to take wine-must for the soaking, the thinned juice of raspberries or the water of soaked orange peels (sugared) can be used.

25. The **banquet table** contains: figs, dates, raisins, California pears, bananas, fresh and dried oranges, apples, pine-apples, melons, all kinds of fruits and berries with cream, light bread, butter, white whey-cheese green arranged, biscuits with honey and strawberry marmalade, paranuts, walnuts, hazelnuts, peanuts, pinenuts, cracking almonds.

Drinks: Wine-must, free of alcohol, champagne-milk, sparkling chocolate.

**Don't forget to decorate the table with flowers abundantly.**

### How to make champagne-milk

The hot milk of the cow is stirred with the milk of almond-nuts and is thinned ad libitum. After cooling off let the dealer in mineral water press on it carbonic acid. Do likewise with chocolate or with a fine aromatic banana-cacao after the cooling off. (They must have been boiled in water and just boiled up again in milk.)

### A quick gain of strong blood

Much enervated persons, weakened by the loss of blood, exhausting maladies or the loss of life-fluids must with great prudence consider what exactly they may impart to their body. If such weak persons follow solely the desires of their taste, a lasting sickness is often enough to follow. The case here is, how to give to the blood its nutriment in the smallest possible quantity, that no strength of the nerves might be lost by digestion; for example, however healthy and necessary fruits, salads and vegetables are, the enervated man must, nevertheless, take only the juice of them, since the indissoluble cellulose causes a very great expense of strength

in the organism. The indissoluble substances, the immaterial and useless ingredients in general, must by thousands of nerves be transported outwards through the long ileum.

Just this uselessly wasted strength has the weakened man not at his disposal. All disposable forces must be used for absorbing and imbedding the most precious food in the blood and the cells. I therefore recommend to such persons the **tender Kneipp-oat-meal**, to be stirred with unfermented alkaline **grape-juices**, also the tender **pine-nuts** or skinned almonds (ground or grated to porridge) may be added, after they have been soaked for 15 to 30 minutes. Small pieces of pine-apple increase the effect exceedingly.

Where this fare appears to be too heavy, the restful meal No. 1 may be considered.

This nutriment is better than meat, eggs or milk fares, which overload the enervated man with decomposing poisons. It can hardly be believed what energies and what a great strength a small quantity of a fully digested and absorbed ideal nutriment contains,

especially if at every meal a small slice of the precious nut prana is also eaten. But nothing at all must be drunk with it. During daytime, however, can the alkaline grape-juices be taken by the spoonful.

Since all the organs work only very slowly in an exhausted person, not more than one or two meals must be taken by him daily to prevent the formation of new singular poisons.

This is also an excellent fare for men who **work with their brain laboriously.**

### **A new life of strength, of success and happiness**

Uncooked food looks much fresher and more appetizing than cooked food, and endows the body with an energy and strength of life without example, so that often by this reason alone sufferings of long standing disappear without any other treatment.

All these meals are carefully composed and are very suitable and strengthening fares of full value. Every one can with some reasoning compose for himself out of these examples new individual fares.



If you become used to this, a single meal of this kind daily will suffice to render you strong enough for the hardest work.

The best time would be at noon, as the ancient Persians were used to when standing on the height of their power, or at 6—7 o'clock in the evening. As long as you are in need of a second meal, take at night some light refreshment, consisting of crackers with honey spread over and fresh juicy fruits (or melons or tender lettuce); you may also take Kneipp oat biscuits with honey, put upon them cleansed raisins and eat this with a cupful of nutritive salt coffee, which you should cook with aniseed.

Very light and beneficent for the nerves and the brain are the effervescent alkaline grape-juices, as there are no fleshy fruits here to be digested. No power of digestion is therefore dispensed hereby, but only **strength gained**, for these pure juices pass on to the blood at once where they **augment the life**. In connection with the conscious breathing the effects are simply magnificent. Every cell awak-

ens to life and displays its individual strength.

You will then become young again and will feel gladly the power of a clear and penetrating thinking. Life becomes a joy to you and a heavenly bliss.

The dull veil which covered your brain disappears and the world appears to you in a totally new light.

Breakfast is a bad custom which disturbs greatly the life of your nerves and produces fatigue and weakness.

Practice constantly self-control, your gain is truly worth the trouble.



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